

Open Enrollment Materials Mailed, Flu Shots, Breast Cancer and Prostate Cancer Screenings, HIP Mindfulness Challenge, University of Arizona Spotlight, Nationwide Financial Virtual Booth and more.

The Open Enrollment period for 2022 benefits is November 1-19, 2021. Here's the information you need to know.



- All premiums, plans, coverages and carriers remain the same for 2022.

- To keep your Flexible Spending Account (FSA) for healthcare, limited purpose or daycare/eldercare, you must re-enroll each year.
- If you DON'T have an FSA, and you want to keep your current coverage for 2022, re-enrollment is not required.
- To change your coverage: You may add/drop dependents, and change coverage or carriers by going through enrollment in November.

- **Mailing** - A letter is being sent to your home address on file with a review of your current coverage and information on how to enroll in November. Look for it later this week.
- **Enrollment Guide** - Offers an overview of all benefits and includes rates. The guide will not be mailed, it's available to view on the Benefit Options website.

- **PicWell Decision Tool** - Offers personalized recommendations on benefit plans.
- **Benefits Website** - Offers additional benefits information and links on how to enroll in November.
- **Expo Webinars** - Get a refresher on our benefits plans, and learn about the new features of our 2022 HIP program as well as higher education tuition discounts and additional employee perks you may not have heard about. All online events are closed captioned and one event will have a live sign language interpreter.



### **Roll Up Your Sleeve! Flu Shots Now Available**

Get your flu shot to protect yourself and others! This year, it is more important than ever to get a flu shot to protect yourself and your family. Flu shots are considered preventive and are available at no cost for all employees and covered dependents on our medical plans. See the full schedule of worksite clinics and public locations on [wellness.az.gov/flushot](https://wellness.az.gov/flushot). You'll also get 100 HIP points.

### **COVID-19 Update**

- **Testing:** Free rapid saliva testing is available on a walk-in basis at [state-run sites](#) in Flagstaff, Mesa, Scottsdale and Tucson. Please help prevent the spread of COVID-19 by getting tested if you have symptoms and isolating if you test positive.
- **Vaccines:** Free vaccines are widely available at doctor's offices, pharmacies, and numerous other locations around the state. Arizonans age 12 and older are eligible to receive the vaccine. You can find a vaccine site at [azheath.gov/findvaccine](https://azheath.gov/findvaccine). You can also earn 2,500 HIP points, see below.



### **Stay HIP this fall!**

There's still plenty of chances to earn HIP points daily and monthly for simple activities such as walking, eating well and getting some shut-eye. Plus, you can claim 5,000

bonus points for an annual physical and 2,500 points for the COVID vaccine. Be sure to get your points logged by the end of the program year on December 31 to be ready for the \$200 incentive payout in January. Learn more on [member.virginpulse.com](https://member.virginpulse.com)> Home> How to earn. On the app, follow Home> Rewards> Learn how to earn more points.

- **October HIP Challenge: Top of Mindfulness** - Use your brain to enhance your wellbeing. Try a Whil meditation session, gentle yoga or other suggestions on the challenge page. [Login](#) or [join HIP](#) today.



### **October is Breast Cancer Awareness Month**

Get your free preventive screening scheduled by calling Mobile Onsite Mammography (MOM) 480-967-3767 or 800-285-0272. Learn more at [wellness.az.gov/screenings](https://wellness.az.gov/screenings).

- Tue, Oct. 19, 7 am - 4 pm, U of A, 1234 N. Fremont, Tucson
- Wed., Nov. 3, 8 am - 4 pm, Dept. of Health Services, 150 N. 18th. Ave., Phoenix
- Mon., Nov. 15, 8 am - 5 pm, NAU SkyDome, 1705 S. San Francisco St., Flagstaff



### **POP Screenings with Prostate Onsite Project**

While prostate cancer awareness month is in September, it is always the right time to get this important screening for a type of cancer that is very treatable if caught early. Appointment required, 480-964-3013, [pop@prostatecheckup.com](mailto:pop@prostatecheckup.com). Learn more at [wellness.az.gov/screenings](https://wellness.az.gov/screenings).

- Wed., Oct. 13, 8 am - 11 am, ADOA, 100 N. 15th Ave., Phoenix
- Mon., Nov. 15, 7am - 11am, U of A, Cherry Ave. Parking Meters near Main

Library, Tucson

- Mon., Nov. 22, 8 am - 11 am, ADHS,  
150 N. 18th Ave., Phoenix

### October Webinars

Our webinars give you tips you can use to improve your life every day. Earn [25 HIP points](#) for viewing a [live or recorded webinar](#) with the ability to earn up to 100 points per year. All webinars are closed captioned with a custom link for each event listed on [wellness.az.gov/classes](https://wellness.az.gov/classes).

- **Communication Skills for Families** | Wed., Oct. 13, 11:30 AM - 12:30 PM  
Arizona Time | [Registration](#) | [Flyer](#)
- **Making Connections in Work and in Life** | Tue., Oct. 26, 11:30 AM - 12:30 PM  
Arizona Time | [Registration](#) | [Flyer](#)

### October is Health Literacy Month

Take advantage of this helpful wellbeing information from our medical carriers. *Note: You are not required to be enrolled with a carrier to view their information.*



#### *BlueCross BlueShield of Arizona*

- [Triple Choice and HDHP Plans](#)
- [Diabetes Prevention Flyer](#)
- [Recipe: Bibb and Bean Burrito Bowl](#)

#### *UnitedHealthcare*

- [Health Insurance 101 Webinar](#) - 13 mins

### Higher Ed Spotlight: University of Arizona

All State employees receive a 10% tuition discount for online undergraduate and graduate programs. The application fee is waived and you'll have a dedicated enrollment counselor. You'll get the same high-quality UA faculty with the advantage of shorter 7.5 week classes and six start dates per year.



- [University of Arizona partner website](#) | [Video](#) | [Slides](#)

To learn more about higher education discounts for state employees, visit [benefitsoptions.az.gov/highered](https://benefitsoptions.az.gov/highered).

### **Nationwide Deferred Compensation Plan Virtual Booth Days October 5 - November 19**

Learn about the 457(b) retirement plan from Nationwide Financial.

- Explore short videos and education resources at this interactive event.
- Meet virtually with a Retirement Specialist.
- Enroll in a 457(b) plan and start saving for your future.
- [Visit booth](#) | [Flyer](#)



#### **Update Your Contact Information**

Please make sure your personal contact information is up-to-date to ensure you receive important benefits communications in a timely manner. Visit [hrsystems.azdoa.gov](https://hrsystems.azdoa.gov)> YES Portal> Your Employee Services> Personal Information> Contact Information.



#### **Questions?**

Please contact a Benefit Options representative by phone 602-542-5008, toll-free 1-800-304-3687, by email [benefits@azdoa.gov](mailto:benefits@azdoa.gov) or visit [benefitsoptions.az.gov](https://benefitsoptions.az.gov). Our office is closed for walk-ins at this time, but we can help you virtually Monday-Friday, 8 am - 5 pm Arizona Time, except holidays.



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